



# LIVER AND GALLBLADDER FLUSH AND DETOX

## INSTRUCTIONS

### **Overview (Total time 6 Weeks)**

Phase 1: Prep (4 Weeks). Soften gallstones for removal and prepare body for flush.

Phase 2: Intensive Prep (1 Week). Increase stone softening and begin dilating bile duct.

Phase 3: Flush (1 Day). Do olive oil flush drink to stimulate release of stones, bile & sludge.

Phase 4: The Day After (1 Day). Eliminate dozens to thousands of gallstones, chunks of wax or grit!

Phase 5: Post Flush (1 week). Tonify liver & gallbladder; promote bile flow; support further sludge removal.

### **Items needed for Entire 6 Week Detox:**

- 2 Bottles of [Gallbladder-PG 8oz Liquid](#)
- 2 Bottles [Gallbladder Support, 60Vcaps](#)
- 1 Bottle [Colosan](#)
- Several Lemons
- 1 Bottle [EFA Liquid 8oz Liquid](#)
- 2 Grapefruits
- 1 [Enema kit](#) and [Coffee](#) (both for optional enemas)

### **Phase 1: Flush Prep Period (4 weeks)**

1. Take **Gallbladder PG** (1 teaspoon in AM; 1 teaspoon 1 hour before bed. In 4 oz water. Sip slowly)
2. Achieve Regular Bowel Movements (at least 1 easy BM per day)
3. Improve Diet (decrease cooked fats; increase whole, fresh food)
4. Start **Coffee Enema** Series (1-3 times per week)
5. Take **Colosan** (1-2 times per week)

**Gallbladder PG:** This product softens gallstones, disperses sludge and promotes optimal bile flow. Bile is required for fat digestion and removal of toxins from liver.

**Colosan:** Colosan is unique because it oxygenates and cleanses the intestines rendering any harmful matter non-toxic and purges it quickly from the body. It also dilates the bile ducts especially in higher doses. It is important to let your body get used to taking Colosan before the flush day.

1. On an empty stomach (upon arising, or before bed) drink a rounded teaspoon of Colosan mixed in an 8-12 oz. glass of water or orange juice.
2. Add the juice of fresh squeezed lemon into the same (now empty) glass with another ounce or so of water and drink: this activates Colosan by assisting the HCL in the stomach to liberate the oxygen from the magnesium oxide.
3. Have a bathroom handy as bowel movement may be

loose.

### **Phase 2: The Intensive Prep Period (Begins 1 Week before Flush Day)**

It is often a good idea to plan Flush Day for the night before a day off so that you can be near a toilet the next morning for the elimination of the stones. Therefore, start this Intensive Prep Period one week before a day off.

1. Continue components of the Preparatory Phase including Gallbladder PG, Coffee Enemas, Colosan, improving diet and establishing regular bowel eliminations.
2. **Gallbladder Support:** Start taking 3 caps of Gallbladder Support 3 times daily with your meals. You will be taking Gallbladder Support for almost 2 weeks. Gallbladder Support promotes dilation of bile ducts and overall function.
3. Increase Colosan to 1-2 time per day.

### **Phase 3: Flush Day (1 Day)**

**Upon Arising:** Take last dose of **Gallbladder PG**.

**AM:** Do not take Colosan in the AM. Do a coffee enema either first thing or after your first bowel movement. This is a good day for juicing.

**Breakfast:** If you eat at all (some fast on this day completely or do just juices, fruit or all raw), don't eat anything greasy, heavy or with any fat (not even butter, avocados or good oils). Before or with the meal, take 5 caps of **Gallbladder Support**.

**Lunch:** If you are eating, again eat simple; no meats and no fats. Before or with, take 4 caps of **Gallbladder Support**.

**Afternoon:** No more eating past 2pm. Or eat just fresh fruit, vegetables or fresh squeezed juice. Take it easy.

**5PM:** Take 1 Tablespoon **Colosan** in an 8-12 oz glass of water. Activate with juice of 2T lemon juice or 1T raw apple cider vinegar.

**7PM:** Take another 1 Tablespoon **Colosan** in an 8-12 oz glass of water. Activate with juice of 2T lemon juice or 1T raw apple cider vinegar.

**Evening:** Put on some relaxing music, read a book or plan a movie that will finish around ten.

**At Exactly 9PM:** Make and drink the Flush Drink

### ***Flush Drink***

Combine the following ingredients in a blender and drink. Blended it tastes surprisingly OK.

1. 6-8 oz. of EFA Oil Blend
2. 6-8 oz ounces of grapefruit juice, organic & fresh squeezed.
3. To amend the taste you may add the juice of one lemon and some stevia if you like it sweet.

Drink it down all at once or sip over 5 minutes. Sipping through a straw may help it go down easier.

**IMMEDIATELY after drinking:** Lie on your right side (liver side) with knees to the chest & try to stay still for 30 minutes.

**9:30PM:** Now stand up & move around a little for at least 30 minutes and get ready for bed.

**Exactly 10PM:** Go to bed without drinking anything else (except a little water if needed).

### **Phase 4: The Day After (One day)**

You most likely will be expelling stones throughout the morning. Be at home on this day so that you can take care of yourself.

**Eliminations:** Be near the toilet this morning for expelling the stones through your bowel movements. It is a great idea to begin the day after the flush with a coffee enema to stimulate a deeper release of toxins and hopefully avoid any stagnation that causes nausea. Also you may want to take 1 teaspoon-1 tablespoon **Colosan**. If you are having

problems eliminating even after a couple hours from doing the enema, then do a Salt Flush which provides almost immediate results flushing the entire digestive tract and usually producing bowel movement within ½-2 hours. Some people feel nauseous until the stones are evacuated. You most like will see at least 12-1000 soft green to brown stones (up to 1 in. diameter) floating in your 1-4 bowel movements to follow, and sometimes throughout the day and for some people even the next few days.

**Gallbladder Support:** Take 3 caps 3 X today with meals.

**Diet:** On this day, fruit juice should be consumed before anything else. Anytime after a half hour one should have a fruit breakfast. Fruit pulp is a great bowel balancer and cleanser. For lunch it is recommend to keep it simple: vegetables, grains and only raw fats and oils if at all. No meat and 50% of the meal containing high fiber and high water content organic raw vegetables.

**Water:** Drink at least half your bodies weight in ounces of water per day (for example if you weigh 150 lbs. drink 75 ounces).

**Relax:** Have time to be with your body, breathe deeper into the belly, massage your belly, rest, or whatever is relaxing for you...

### **Phase 5: Post Flush (1 Week and Beyond)**

This time is for tonifying the gallbladder and hopefully incorporating healthier oils into your diet to prevent further creation of gallstones. You may continue to see stones coming out for days to come.

1. Continue taking **Gallbladder Support** 3 capsules 3 X per day until the bottle is done (about 6 more days)
2. If you haven't already, establish a diet with fewer or no hydrogenated oils, cooked oils, meat fats or refined oils. Instead mostly get your fats from avocado and soaked, whole nuts.
3. If desired, plan on taking **Gallbladder PG** to continue tonifying the liver and gallbladder system. If this is your first time doing liver/gallbladder cleansing, take Gallbladder PG for a total of 3-6 months. If you have been doing coffee enemas, continue 1-2 times per week for at least one more month.
4. Congratulate yourself! You are complete!